

# ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133  
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEX2915.0)
- the NAME of the product (PROFORM 740 EKG exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

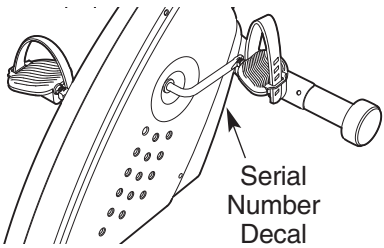
PROFORM is a registered trademark of ICON IP, Inc.

# PRO-FORM<sup>®</sup> 740EKG

## USER'S MANUAL

Model No. PFEVEX2915.0

Serial No. \_\_\_\_\_



### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

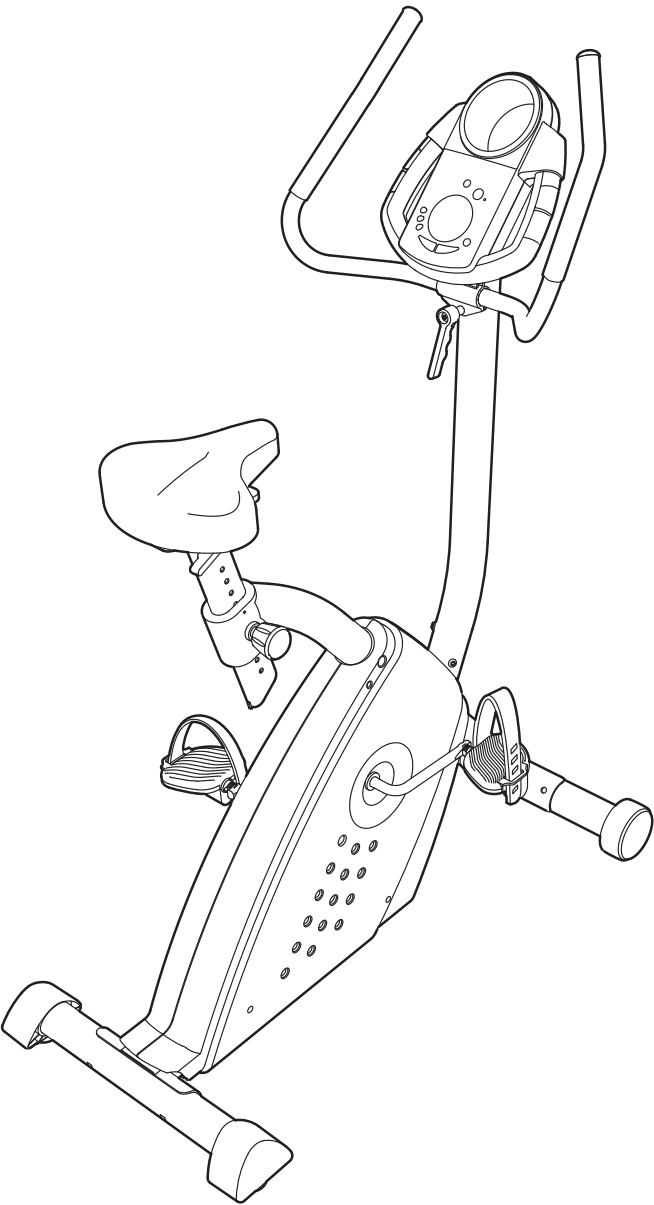
08457 089 009

Or write:  
ICON Health & Fitness, Ltd.  
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Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at  
[www.iconeurope.com](http://www.iconeurope.com)

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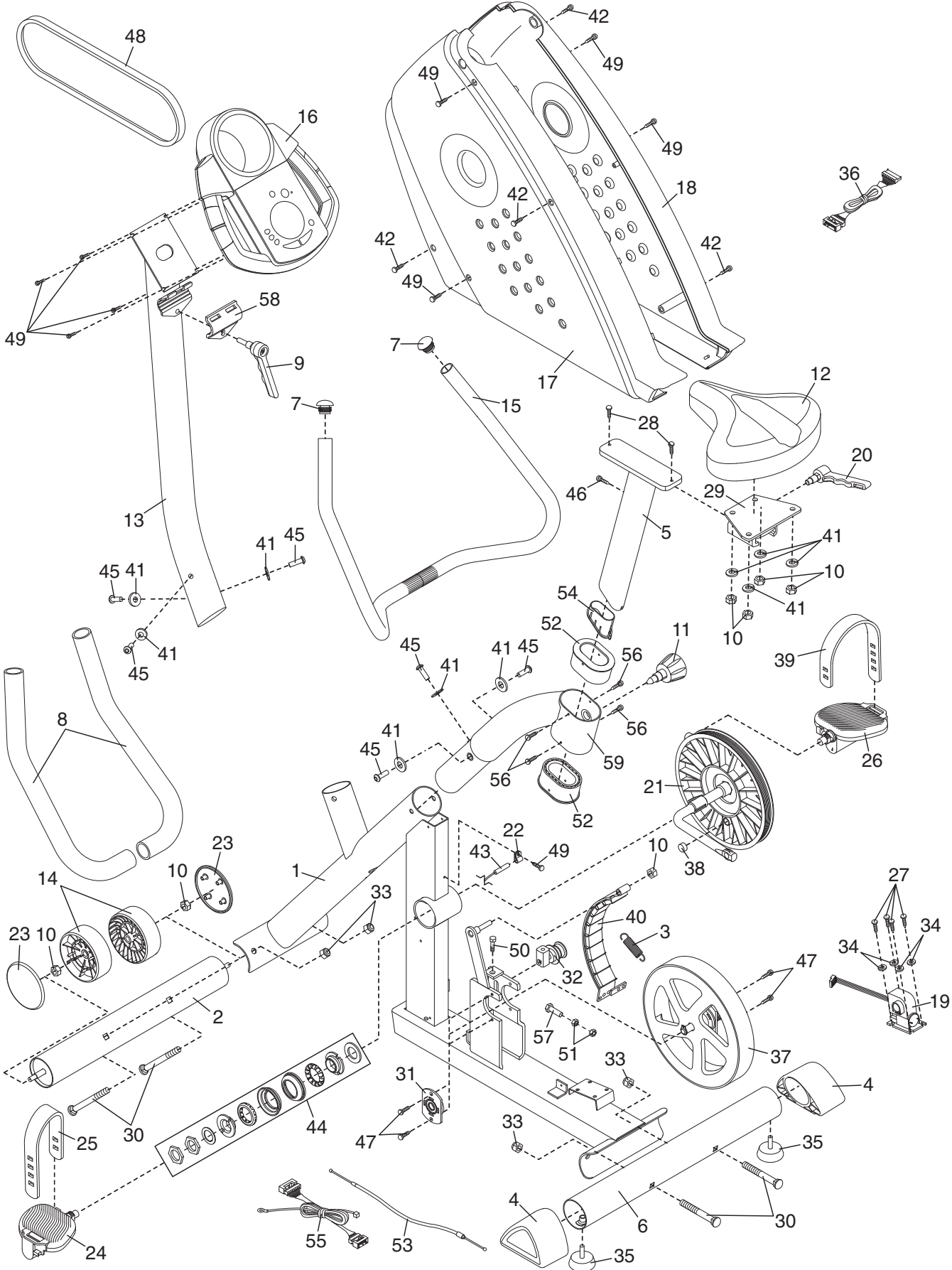
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ORDERING REPLACEMENT PARTS .....Back Cover

EXPLODED DRAWING—Model No. PFEVEX2915.0 R0905A



IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.

2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.

3. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.

4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under the age of 12 and pets away from the exercise cycle at all times.

6. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.

7. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).

8. Always keep your back straight whilst using the exercise cycle; do not arch your back.

9. If you feel pain or dizziness whilst exercising, stop immediately and cool down.

10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

11. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.

12. A warning decal has been placed on the exercise cycle in the location shown on page 3. If the decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PART LIST—Model No. PFEVEX2915.0

R0905A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	1	Idler Block
2	1	Front Stabiliser	33	4	M10 Nylon Locknut
3	1	Spring	34	4	M5 Washer
4	2	Stabiliser Endcap	35	2	Levelling Foot
5	1	Seat Post	36	1	Upper Wire Harness
6	1	Rear Stabiliser	37	1	Flywheel
7	2	Handlebar Endcap	38	1	Magnet
8	2	Foam Grip	39	1	Right Pedal Strap
9	1	Handlebar Handle	40	1	“C”-magnet
10	7	M8 Nylon Locknut	41	10	M8 Split Washer
11	1	Seat Knob	42	4	M4 x 25mm Screw
12	1	Seat	43	1	Reed Switch/Wire
13	1	Upright	44	1	Crank Bearing Set
14	2	Wheel	45	6	M8 x 25mm Button Screw
15	1	Handlebar	46	1	M4 x 16mm Round Head Screw
16	1	Console	47	4	Pillow Block Screw
17	1	Left Side Shield	48	1	Drive Belt
18	1	Right Side Shield	49	9	M4 x 16mm Screw
19	1	Resistance Motor	50	1	Idler Block Screw
20	1	Seat Bracket Handle	51	2	M6 Nut
21	1	Crank/Pulley	52	2	Frame Bushing
22	1	Reed Switch Clamp	53	1	Resistance Cable
23	2	Wheel Cover	54	1	Seat Post Endcap
24	1	Left Pedal	55	1	Lower Wire Harness
25	1	Left Pedal Strap	56	4	M4 x 12mm Screw
26	1	Right Pedal	57	1	Stop Bolt
27	4	Motor Screw	58	1	Handlebar Bracket
28	2	M6 x 8mm Screw	59	1	Seat Frame
29	1	Seat Bracket	#	1	User's Manual
30	4	M10 x 75mm Carriage Bolt	#	2	Assembly Tool
31	1	Pillow Block			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

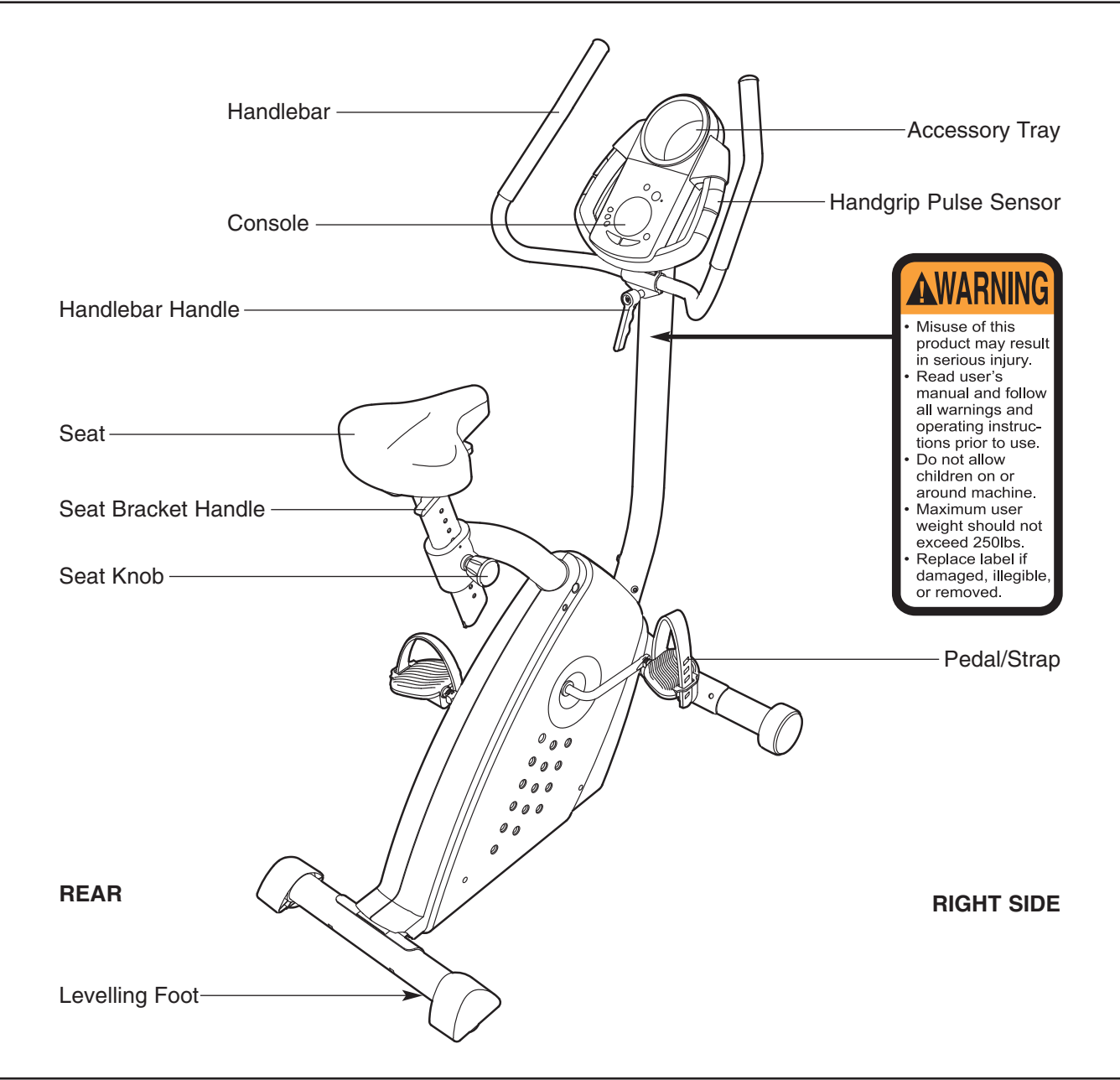
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 740 EKG exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The 740 EKG exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions

after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number is PFEVEX2915.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

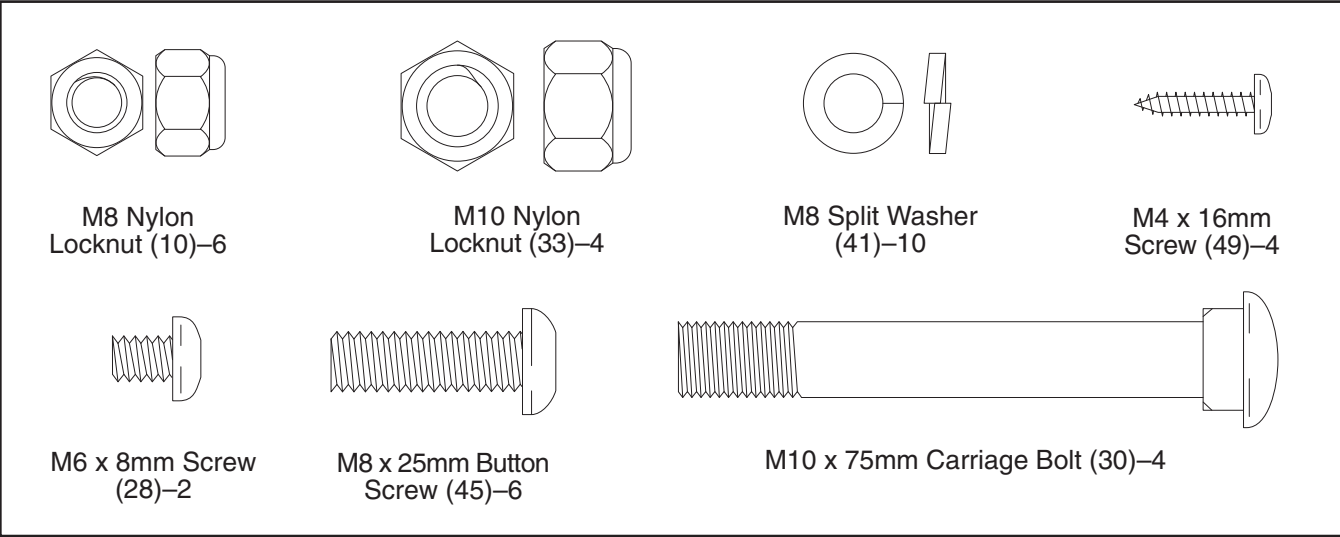


ASSEMBLY

**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable spanner**  **and Phillips screw-driver** .

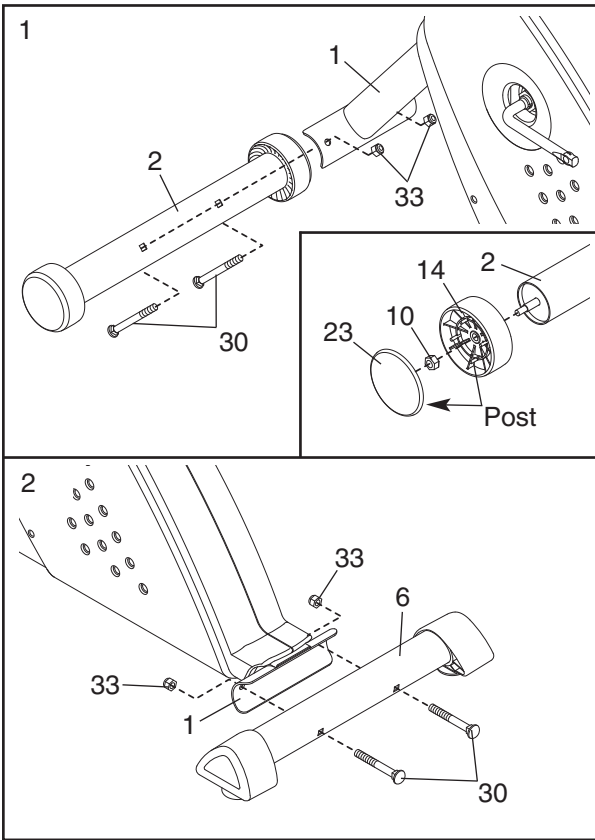
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



- 1. Identify the Front Stabiliser (2). See the inset drawing. Attach a Wheel (14) to one end of the Front Stabiliser with an M8 Nylon Locknut (10). **Make sure that the Wheel is turned as shown and that it turns freely.** Next, align the four plastic posts on a Wheel Cover (23) with the plastic posts on the Wheel, and press the Wheel Cover onto the Wheel. **Assemble the other Wheel (not shown) in the same way.**


Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser (2) to the Frame with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (33) as shown.

- 2. Whilst another person lifts the rear of the Frame (1), attach the Rear Stabiliser (6) with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (33).



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

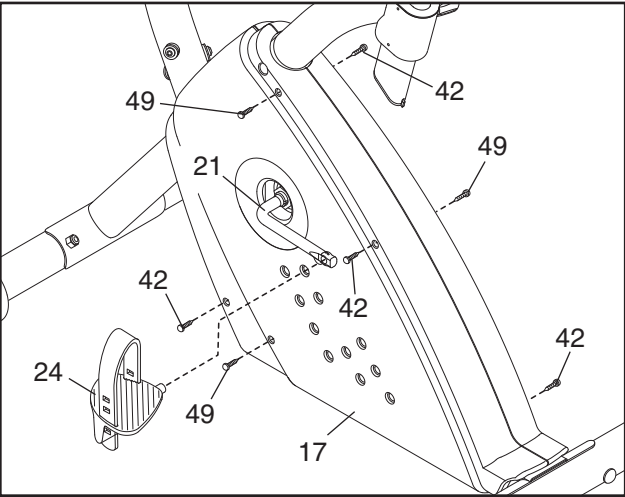
## BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 5 on page 6.

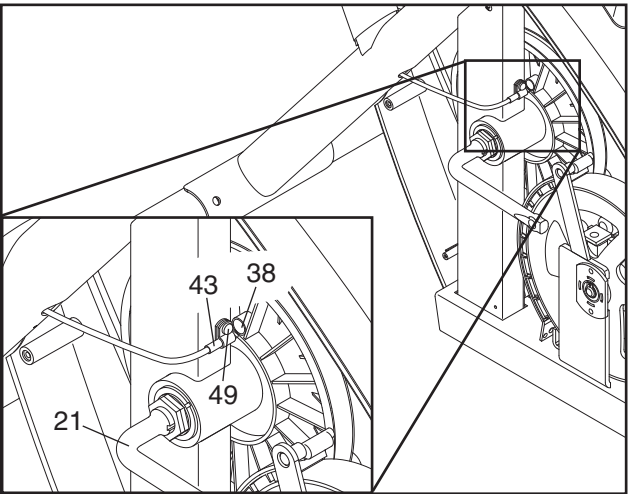
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left side shield must be removed.

Turn the Crank (21) to the position shown. Using an adjustable spanner, turn the Left Pedal (24) clockwise and remove it. Next, remove the indicated M4 x 25mm Screws (42) and the indicated M4 x 16mm Screws (49). Then, carefully remove the Left Side Shield (17).

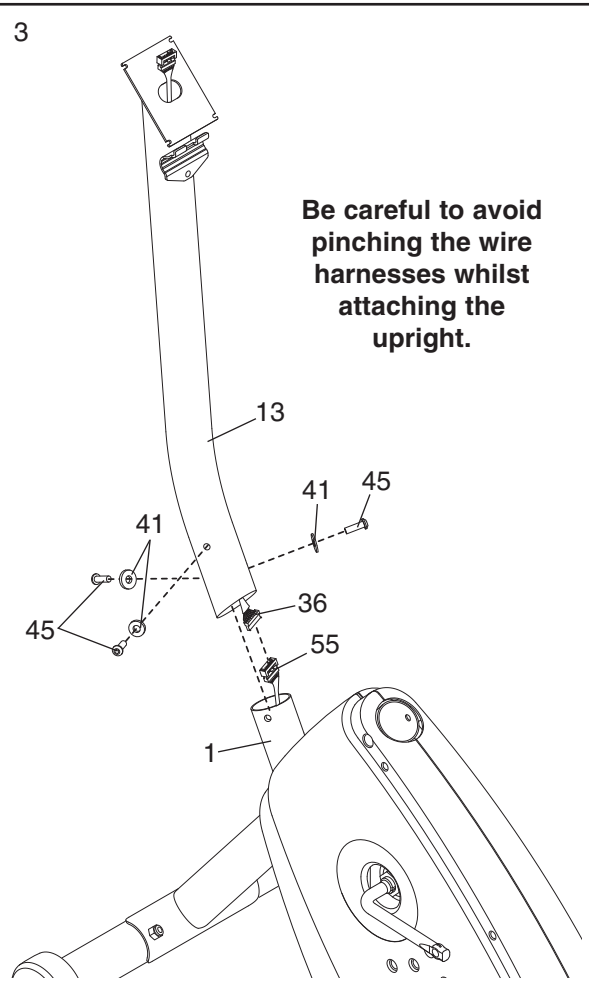


Next, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



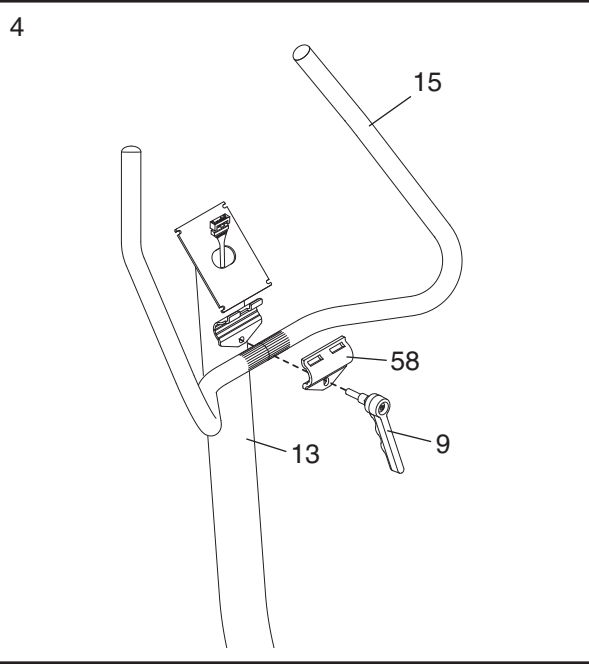
3. Whilst another person holds the Upright (13) in the position shown, connect the Upper Wire Harness (36) to the Lower Wire Harness (55).

Carefully pull the excess Upper Wire Harness (36) out of the top of the Upright (13), and slide the Upright onto the Frame. **Be careful to avoid pinching the Wire Harnesses.** Next, attach the Upright with three M8 x 25mm Button Screws (45) and three M8 Split Washers (41).



4. Identify the Handlebar Handle (9), which has a longer threaded shaft than the Seat Bracket Handle (not shown).

Attach the Handlebar (15) to the Upright (13) with the Handlebar Bracket (58) and the Handlebar Handle (9). Note: The Handlebar Handle functions like a spanner. Turn the Handle clockwise, pull it away from the Upright, turn it counterclockwise, push it toward the Upright, and then turn it clockwise again. Repeat this process until the Handle is tight.

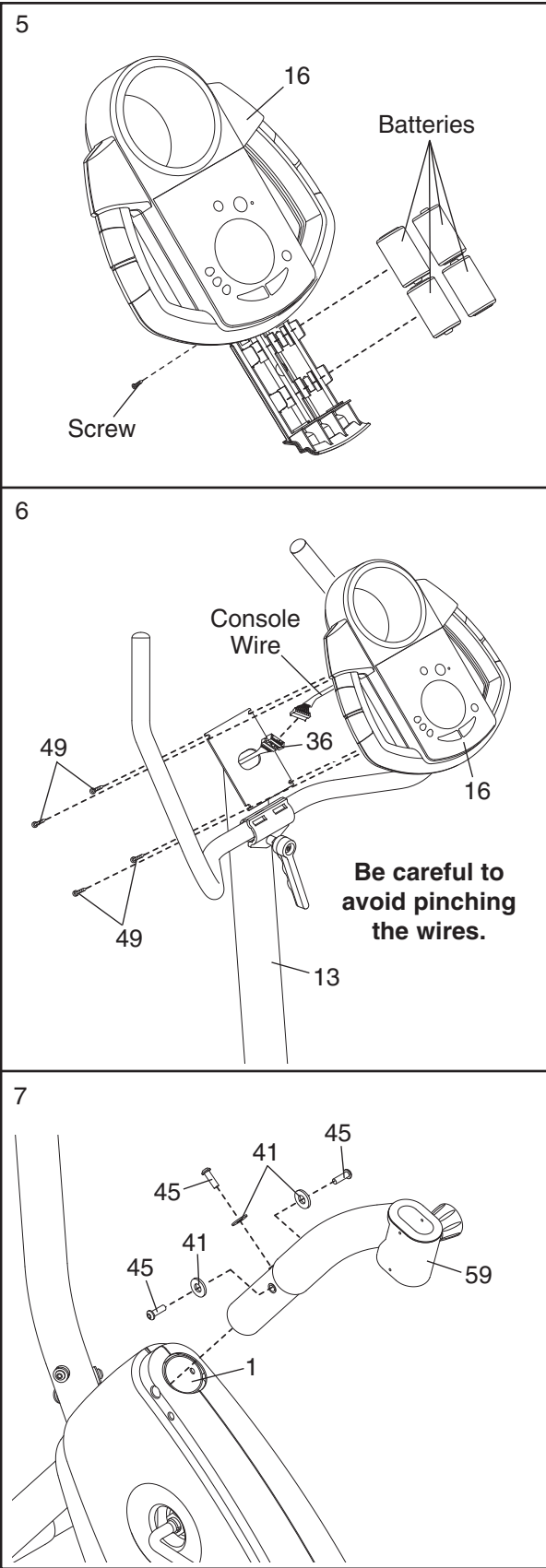


5. The Console (16) requires four 1.5V “D” batteries; alkaline batteries are recommended. Remove the indicated screw from the battery drawer, and pull the battery drawer open. Insert four batteries into the battery drawer; **make sure that the batteries are oriented as shown by the markings inside of the battery drawer**. Close the battery drawer and reattach the screw.

6. Hold the Console (16) near the Upright (13). Connect the console wire to the Upper Wire Harness (36).

Insert the excess console wire and Upper Wire Harness (36) down into the Upright (13). Next, attach the Console (16) to the Upright with four M4 x 16mm Screws (49). **Be careful to avoid pinching the wires.**

7. Attach the Seat Frame (59) to the Frame (1) with three M8 x 25mm Button Screws (45) and three M8 Split Washers (41).



HOW TO USE A PRESET PROGRAM

Each preset program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout. Programs 1 and 2 are beginning programs, programs 3 and 4 are intermediate programs, and programs 5 and 6 are advanced programs.

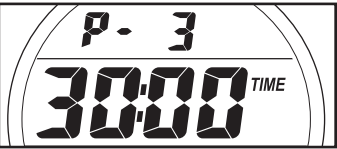
Follow the steps below to use a preset program.

1 Turn on the console.

See step 1 on page 9.

2 Select a preset program.

To select a preset program, press the Program (PGM) button repeatedly until “P-1,” “P-2,” “P-3,” “P-4,” “P-5,” or “P-6” appears in the display.

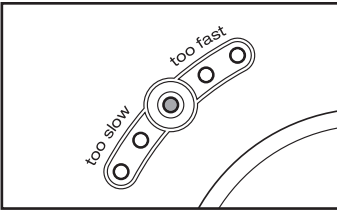


3 Begin pedalling to start the program.

To start the program, simply begin pedalling. Each preset program consists of 20, 30, or 45 one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

At the end of each period of the program, the time will flash in the centre section of the display and the resistance of the pedals will automatically change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can change it by pressing the + and – buttons below the display. However, when the current period is completed, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period.

As you exercise, the pace display will help you to keep your pedalling pace near the target pace setting for the current period. When one of the “too slow” indicators lights, increase your pace. When one of the “too fast” indicators lights, decrease your pace. When the centre indicator lights, maintain your current pace.



**Important: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace settings. Make sure to exercise at a pace that is comfortable for you.**

During the program, the centre of the display will show the time remaining in the program. If you stop pedalling for a few seconds, the displays will pause and the time will flash. If you continue pedalling after the program is completed, the displays will continue to show exercise feedback.

4 Follow your progress with the display.

See step 4 on page 10.

5 Measure your heart rate if desired.

See step 5 on page 10.

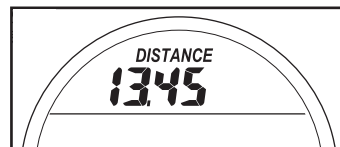
6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 10.

#### 4 Follow your progress with the display.

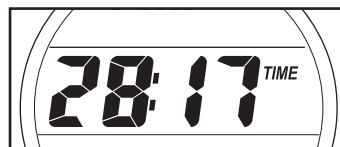
The upper section of the display will show the distance you have pedalled and the number

of calories you have burned. The display will change from one number to the other every few seconds. If you use the handgrip pulse sensor, the display will also show your heart rate (see step 5 on this page).



The centre of the display will show the elapsed time and your current pace (pace is

shown in minutes per kilometre in this section of the display). The display will change from one number to the other every few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



The lower section of the display will show your pedalling pace (in revolutions per minute [RPM]), your pedalling speed, and the pedalling resistance level. The display will change from one number to the next every few seconds.



To reset the displays, press the On/Reset button.

**Note: The console can show speed and distance in either kilometres or miles.** To

change the system of measurement, first hold down the Program (PGM) button for about six seconds. The letters "M" and "KM/H," or "E" and

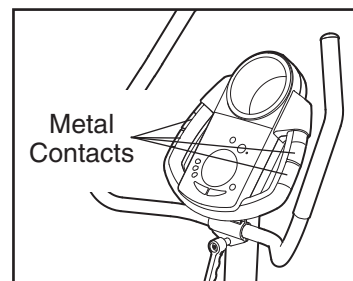


"MPH," will appear in the lower section of the display. Press the + button to select a different unit of measurement if desired. When the desired unit of measurement is selected, press the Program button again. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

#### 5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the hand-grips, peel off the plastic. To use the handgrip pulse sensor,

hold the hand-grips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the upper section of the display will flash each time your heart beats, one to three dashes will appear, and then your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.

#### 6 When you are finished exercising, the console will automatically turn off.

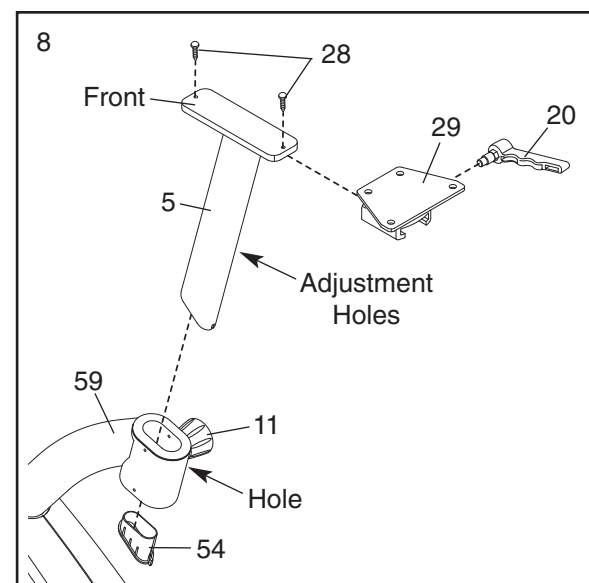
If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the display.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

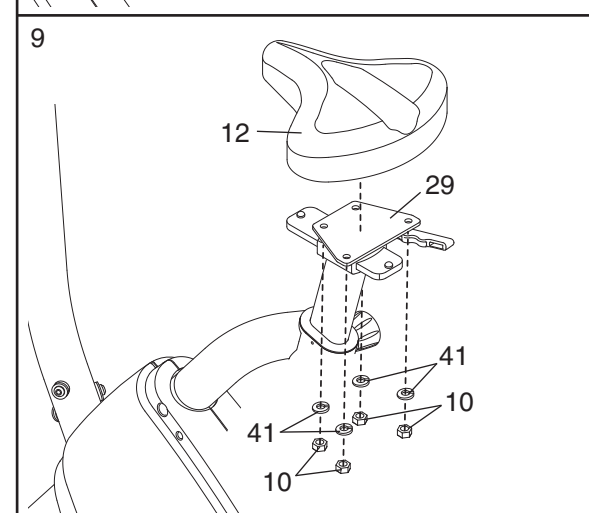
- Turn the Seat Knob (11) counterclockwise and remove it. Next, insert the Seat Post (5) into the Seat Frame (59), and press the Seat Post Endcap (54) into the lower end of the Seat Post.

Next, align one of the adjustment holes in the Seat Post (5) with the indicated hole in the Seat Frame (59). Insert the Seat Knob (11) into the Seat Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Seat Post.**

Tighten an M6 x 8mm Screw (28) into the front hole in the Seat Post (5). Next, slide the Seat Bracket (29) onto the Seat Post, and tighten the Seat Bracket Handle (20) into the Seat Bracket. Then, tighten another M6 x 8mm Screw (28) into the Seat Post.

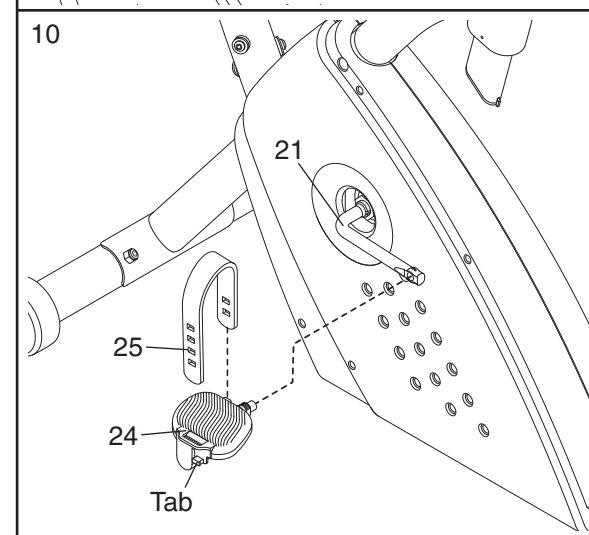


- Attach the Seat (12) to the Seat Bracket (29) with four M8 Nylon Locknuts (10) and four M8 Split Washers (41). Note: The Nylon Locknuts and the Split Washers may be preattached to the underside of the Seat.



- Identify the Left Pedal (24), which is marked with an "L." Using an adjustable spanner, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the Right Pedal Strap (not shown) in the same way.

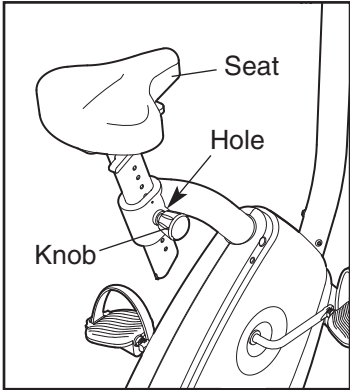


- Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO OPERATE THE EXERCISE CYCLE

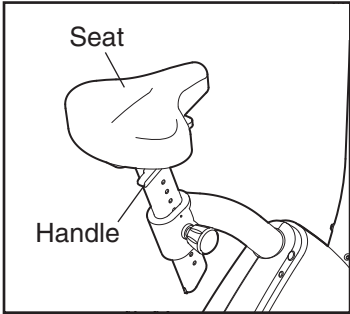
## HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat knob counterclockwise and remove it. Next, slide the seat post up or down, and align one of the adjustment holes in the seat post with the indicated hole in the seat frame. Insert the seat knob into the seat frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the seat post.**



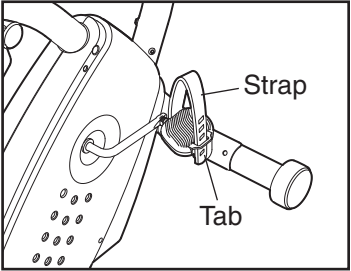
## HOW TO ADJUST THE SEAT

To move the seat closer to or farther away from the upright (not shown), loosen the seat bracket handle, move the seat forward or backward, and then retighten the handle.



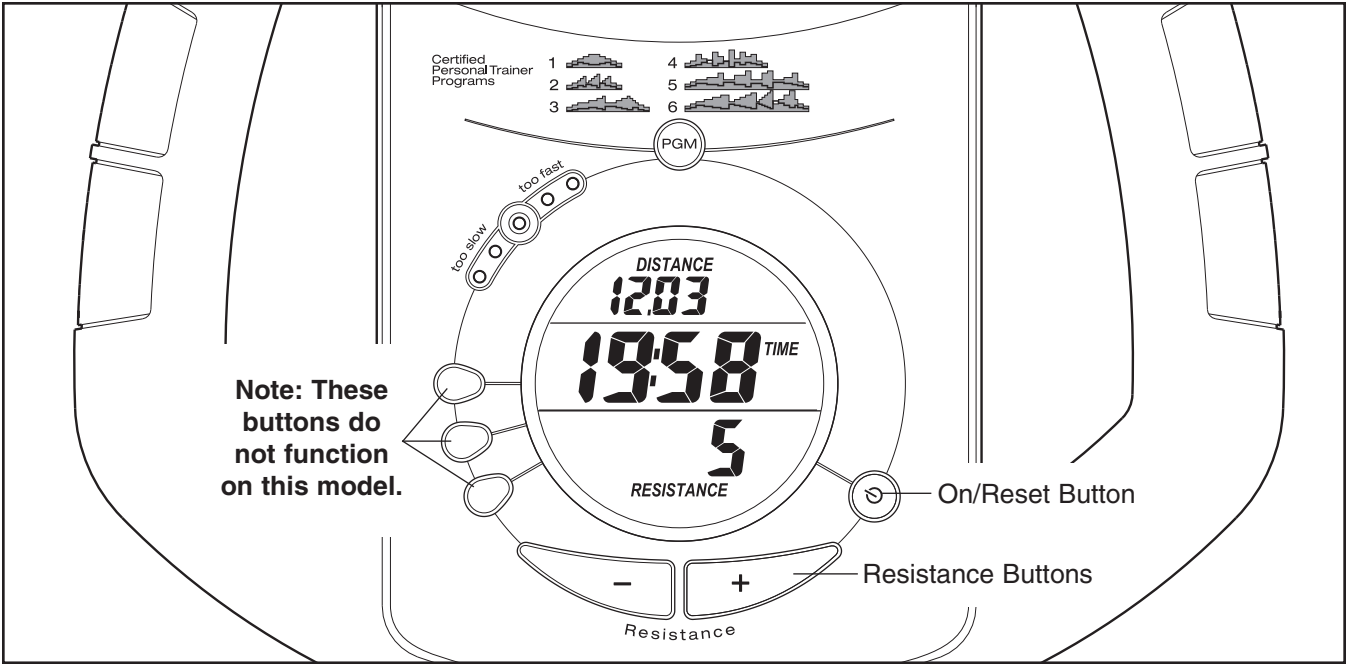
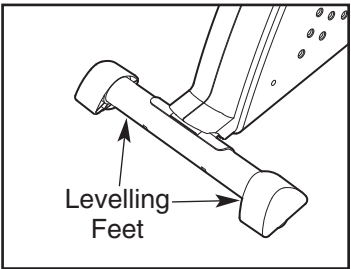
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.



## HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks on your floor during use, turn one or both of the Levelling feet beneath the rear stabiliser until the rocking motion is eliminated.



## FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

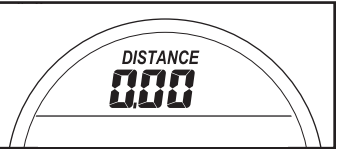
In addition, the console offers six preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

To use the manual mode of the console, see the instructions below. To use a preset program, see page 11.

To turn on the console, press the On/Reset button or begin pedalling. (See the drawing above to identify the On/Reset button.)

### 2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a program has been selected, select the manual mode by pressing the Program (PGM) button repeatedly until a distance of 0.00 appears in the display.



### 3 Begin pedalling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the + and - buttons below the display. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the pedals to reach the selected resistance level.

## HOW TO USE THE MANUAL MODE

### 1 Turn on the console.

Note: The console requires four 1.5V "D" batteries (see assembly step 5 on page 6).